

# A Life to Live

Shirley Polak • Mind Coach



## Clarity

To experience clarity means to see the big picture in a wide frame, for a long time. The moment you see things widely, then you can see your life clearly.

How can we develop clarity in our lives?

Most of us look at time in terms of days, weeks and months and not in years. We are looking at our lives in portions instead of as a whole.

As soon as we are willing to look at the **big** picture of our lives, then we can start creating clarity. This means that we do not *always* need to know all the details and pieces of each thought, word or action. We don't *always* need to know our destination. When the view of our life picture becomes bigger, we can get clarity on what we want to change and what we need to do for that change to happen. Clarity is not something we get one time and then stays with us forever and always. Clarity is something we build with the pictures we see every day. Imagine a boat out at sea. The Captain and crew are trying to find the shore. A thick, dense fog covers the boat; no one can see a thing. They don't leave the boat and they don't take action. When the fog starts to lift they begin to vaguely see part of the horizon, but they still don't know what is out there, so they still don't take action. After a while the fog dissipates and the picture becomes clear; they can see the shoreline. Now they know what's in front of them and they plan on taking action.

That is how the clarity process happens.

First your ideas are not so clear and they look foggy. When the picture start clearing up, then the real actions take place. Clarity doesn't happen right away; it's an incremental process.

### **Get answers!**

Now that you have some grasp of clarity, let's feel the process:

Write down something that is unclear to you: a goal, a concept, a relationship, etc.

Close your eyes and ask for clarity and understanding.

What insights you are getting?

What options of action come into your mind? Think of at least three.

What are you planning on doing now?

I am here if you need me...

Wishing you A Life to Live! Shirley Polak, Mind Coach.